

# Indian Pudding

**Makes:** 8 servings

## Ingredients

**2 1/2 cups** non-fat milk  
**1/2 cup** cornmeal  
**1/2 cup** non-fat milk (cold)  
**1 tablespoon** margarine  
**1/2 cup** molasses  
**1/2 teaspoon** ginger  
**1/2 teaspoon** cinnamon

## Directions

1. Preheat oven to 325 degrees. Lightly grease 1-quart baking pan.
2. In a saucepan, heat 2 1/2 cups of milk to a simmer.
3. In a bowl, mix together the other 1/2 cup cold milk with cornmeal.
4. Add cornmeal mixture to warm milk, stir well.
5. Cook 20 minutes over low-medium heat. Stir often to prevent scorching. Cook until thickened.
6. Remove pudding from heat. Stir in margarine, molasses, ginger and cinnamon.
7. Pour into the greased baking pan.
8. Bake for 55 to 60 minutes. When a knife is inserted and comes out clean, the pudding is done.
9. Cut into 8 squares before serving. Serve warm.

## Nutrition Information

Key Nutrients	Amount	% Daily Value
Total Calories	110	
Total Fat	1.5 g	2%
Protein	4 g	
Carbohydrates	20 g	7%
Dietary Fiber	0 g	0%
Saturated Fat	0 g	0%
Sodium	55 mg	2%